

**IN THE CLAIMS:**

Please amend Claims 6, 8, 10 and 12, and add new claims 15-20, as follows:

1. Cancelled.

2. (Previously Presented) The device of claim 8, wherein said weight is attached to said forearm section by a pocket, located contiguous to said forearm section, said forearm section receiving and holding said weight.

3. Cancelled.

4. Cancelled.

5. (Previously Presented) The device of claim 8, further comprising a fastening member wherein said fastening member comprises one or more adjustable straps that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

6. (Currently Amended) The device of claim 8, further comprising a fastening member wherein said fastening member comprises one or more zippers that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

7. (Previously Presented) A device as in claim 8, wherein said glove section comprises tubular closed-ended finger receiving members.

8. (Currently Amended) A device for conditioning arms and upper body muscles of a user, comprising:

(a) an unweighted glove section,

(b) a forearm section, said glove and forearm sections comprising one or more pliable members,

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section, said weight comprising a plurality of objects enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist, wherein said weight encircles the wearer's wrist and said plurality of objects consists of iron sand or some similarly dense material; and

(d) a securement band extending around said weight.

9. (Previously Presented) A device as in claim 8, wherein said securement band extending around said weight extends flexibly around said weight.

10. (Currently Amended) A device as in claim 9, further comprising:

(e) a forearm securement strap disposed on said forearm section, said weight being positioned between said forearm securement strap and said glove section.

11. (Previously Presented) A device as in claim 8, wherein said forearm section is of a length sufficient to extend from said glove section over less than half of the forearm of a user .

12. (Currently Amended) The device of claim 8, further comprising a fastening member wherein said fastening member comprises one or more adjustable straps that connect one side of said wrist and forearm sections to the other side of said wrist and forearm sections.

13. (Currently Amended) A device for conditioning arms and upper body muscles comprising:

(a) an unweighted glove section,

(b) a forearm section, said glove and forearm sections comprising one or more pliable members;

(c) a weight comprising a plurality of weights located, attached to or integrated with said forearm section, said plurality of objects being iron or some similarly dense sand enclosed by a pliable material, such that said weight is flexible and is able to conform generally to the shape and dimensions of the wearer's wrist, wherein said weight encircles the wearer's wrist; and

(d) a fastening member, said fastening member comprising at least one adjustable strap that extends around said weight, whereby said weight is comfortably and securely secured to the wrist of a user.

14. Cancelled.

15. (New) A glove for conditioning arms and upper body muscles of a user, the glove comprising:

a hand section; and

a forearm section being connected with the hand section and including at least one flexible chamber that supports a weight, the at least one weighted flexible chamber encircling a wrist of the user.

16. (New) The glove of claim 15, wherein the forearm section includes a plurality of flexible chambers that are configured to conform to the shape of the wrist and permit movement of a hand and the wrist of a user.

17. (New) The glove of claim 16, wherein the flexible chambers are disposed in a contiguous orientation about the wrist.

18. (New) The glove of claim 16, wherein the flexible chambers are circumferentially disposed about the wrist in a transverse orientation relative to the forearm section.

19. (New) The glove of claim 15, wherein the weight includes iron sand that is configured to conform to the shape of the wrist and permit movement of the hand and the wrist.

20. (New) The glove of claim 15, further comprising a securement band being disposed about the at least one flexible chamber.